

# Your AI-Generated Schedule

Variable	Name of Exposure	Categories	Goal Name	Criteria	Classification measure	Standard error	Remarks
Workout Schedule Adherence	Exercise Frequency	Daily; 3-5 times/week; 1-2 times/week; Less than 1 time/week	Improve Fitness	Number of workouts completed per week	Percentage	0.03	Data collected from fitness tracker
Diet Quality	Macronutrient Balance	High Protein; Balanced; High Carbohydrate; High Fat	Optimize Nutrition	Macronutrient ratios	Ratio	0.04	Dietary assessment through food logs
Sleep Duration	Hours of Sleep	7+ hours; 6-7 hours; 5-6 hours; 5 hours	Enhance Sleep Hygiene	Self-reported sleep duration	Hours	0.02	Data collected from sleep tracker
Stress Levels	Daily Stressors	Low; Moderate; High	Reduce Stress	Perceived stress scale (PSS) score	PSS Score	0.05	Survey administered weekly
Hydration Levels	Daily Water Intake	Adequate; Moderate; Inadequate	Maintain Hydration	Daily water consumption (liters)	Liters	0.01	Self-reported water intake
Physical Activity Intensity	Exercise Intensity	Low; Moderate; High	Improve Cardiovascular Health	Heart rate during workouts	Average Heart Rate (BPM)	0.06	Data from wearable fitness tracker
Mental Well-being	Mood	Positive; Neutral; Negative	Enhance Mental Health	Daily mood tracking	Mood score (scale of 1-10)	0.07	Daily mood logs
Muscle soreness	Post-Workout Recovery	None; Mild; Moderate; Severe	Optimize Recovery	Muscle soreness rating (scale of 1-5)	Score	0.10	Self-reported post-workout soreness